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Your essential daily news | MONDAY, JUNE 15, 2015

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Lending a helping paw

"Team Orange" and its three furry friends were among the many humans and canines who took part in Sunday's Calgary Humane Society Dog Jog in South Glenmore Park, raising money to help thousands of animals. Story, metroNEWS. LUCIE EDWARDSON/FOR METRO

NDP won't cutprivate schoolfunds

Minister takes a step back from party's previous stand



Anna **Brooks** Metro | Calgary

Alberta's NDP education minister is backing away from a suggestion made by the party's education critic last year to take public funding away from private schools.

'Right now, Albertans are looking for stability in the education system," Education Minister David Eggen told Metro in a statement, in response to queries about the new government's plans for the file.

In March 2014, Edmonton-Beverly-Clareview MLA Deron Bilous, who served at the time as the NDP's education critic, rose in the legislature to criticize the province's funding scheme for private schools.

"You know, we're draining money from the public system to feed the private system," Bilous said then. "If there are parents and families that want to put their kids in private school, that's fine. They can. Then pay for it."

Eggen struck a different tone,

however, saying the government supports parental choice in education "delivery methods" that "best help their child reach his or her potential."

The education minister noted \$6 million of his government's recent \$103-million boost to education funding "will go towards benefiting private schools, charter schools and Early Childhood Services operators for the 2014-15 fiscal year."

Currently, private schools are eligible for 60 to 70 per cent of per-student funding grants provided to public and Catholic schools, according to Alberta Education.

Some parents told Metro in the dying days of the provincial election campaign last month, with the NDP leading in the polls, that they feared what a new government might mean for private school funding.

"Ît's absolutely a concern of ours if they do change it," said Sandra Burns, a Calgary mother with two kids attending private school. "There's some views out there that private schools shouldn't get any public funding and I believe that's just wrong.

Figures from the province suggest there are more than 30,000 children attending private schools in Alberta.



A city in mourning pays its respects to fallen hero

VISITATION

Friends and strangers remember Daniel Woodall



Friends, colleagues and strangers honoured fallen Edmonton police Const. Daniel Woodall on Sunday during a public visitation.

In the small chapel in Old Strathcona, two members of the police honour guard kept a constant vigil as Edmontonians, a few at a time, walked past the casket to pay their respects.

Woodall's casket was draped in a Canadian flag and a large photo of him along with his wife and two young boys stood on an easel in the corner. Woodall's hat and duty belt were placed on top of the casket.

People began lining up well before the start of visitation hours at noon and a steady stream kept coming through the chapel.

Gerald Larson came to pay his respects to the officer who helped investigate a case of vandalism at his west-end



The hat and belt of Const. Daniel Woodall sit atop his casket during a public visitation on Sunday. RYAN TUMILTY/METRO EDMONTON

bakery

"I enjoyed meeting him very much. Today, I felt like it was my way of paying back and saying thank you."



I think he was a good man and worth remembering. I respect him and honour him.

Gerald Larson

Larson said he was initially concerned that vandalism at his shop had been racially motivated, but Woodall investigated and assured him



Procession

A funeral procession for Const. Woodall will take place Wednesday. The procession will begin at the Alberta legislature grounds, head to Jasper Avenue and then continue along Jasper to the Shaw Conference Centre. The procession is set to start at 9:30 a.m.

Time

The regimental funeral will also be open to the public at the Shaw Conference Centre, starting at 11:30 a.m.

it was not.

"I think he was a good man and worth remembering," he said. "I respect him and honour him."

Another visitor, Denver Poburan, took martial arts training with Woodall.

"I wanted to come out and say goodbye to a friend," he said. "It's really heartwarming that there is so much support going around for our men and women who put their lives on the line."



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Officers load recovered bicycles into a truck outside a southeast Calgary police station in December 2013 following a "blitz" that netted 50 stolen bicycles and resulted in 17 arrests.

Fighting bike thefts through education

CRIME

Police focus on prevention after spike in statistics



In the wake of a 119-per-cent jump in bike thefts, Calgary police plan to focus primarily on educating the public on how to best secure their bicycles rather than redirecting resources into things like a bait-bike program.

"The public education is a huge part of our strategy," Sgt. Katrina O'Reilly told Metro, after new police data revealed the number of reported thefts more than doubled in the first five months of 2015, compared to the previous five-year average over the same period.

Police haven't ruled out incorporating a bait-bike pro-

Bait bikes are difficult, too, because it takes a lot of resources and it's luck of the draw.

Sgt. Katrina O'Reilly

gram into their overall strategy, O'Reilly added, but she said: "We're not going to be doing anything like that anytime soon — not in the next few months.

"Bait bikes are difficult, too, because it takes a lot of resources and it's luck of the draw. It's not terribly effective."

Rather, police want to focus on "trying to prevent bike theft in the first place," which O'Reilly said is largely a matter of having cyclists better secure their rides.

She advised keeping your bike inside your home rather than in a shed, garage or parkade, and to use two locks when

locking a bicycle up in a public area, which ideally should be a well-lit and well-travelled location.

She also advised keeping a detailed description of your bike and to report any thefts to police as quickly as possible.

Bike Calgary also advises its members to report thefts immediately, but president Kimberley Nelson said many cyclists feel it's a "lost cause" as they don't see much action from police in response.

With nearly five stolen bikes reported per day, on average, so far this year, O'Reilly admitted police have to "prioritize" each incident with their larger caseloads, but she said officers will deal with bike thefts in due time.

"Absolutely, we will get to your report and we'll certainly get to anything to follow up on - any suspects or anything like that," she said.

"It may not be a priority on any given day but we do have officers that can deal with the not-high-priority calls for

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Man killed, boy injured in two-vehicle highway crash

A man was killed Sunday afternoon and a 10-year-old boy was taken to hospital, following a collision between a car and a minivan northeast of Airdrie.

EMS crews along with the Airdrie Fire Department and RCMP responded to the crash, which happened around 1:30 p.m. at the intersection of Highway 791 and Highway 72.

Paramedics declared the driver of the car, a man believed to be in his 30s, dead at the scene of the collision, according to EMS.

The driver of the minivan, a woman in her early 30s, suffered only minor injuries. She accompanied the 10-year-old boy, who was a passenger in the backseat of the minivan, to the Alberta Children's Hospital by ambulance.

The boy was transported to the hospital in stable, non-lifethreatening condition, according to an EMS release.

Airdrie RCMP are currently investigating causes that may have led to the fatal collision. 4 Monday, June 15, 2015 Calgary Metr® NEWS

Greenway quickly nears completion

CYCLING AND WALKING

Project sped along by home builders, city



Robson Fletcher Metro | Calgary

Calgary is on track to have a walking and cycling pathway encircling the entire city years before the full ring road is finished.

Ninety per cent of the 138-kilometre Rotary/Mattamy Greenway is expected to be complete by the end of 2015, according to Myrna Dube, CEO of the Parks Foundation, which is co-ordinating the project.

The ambitious vision of a pathway running around the entire perimeter of Calgary is being realized faster than anticipated, Dube said during the Parks Foundation's annual report to members of city council last week.

That's in large part due to increasing support from the local

development industry in some of the city's most far-flung suburbs, she added.

"Residential home builders have joined us and are building the Greenway in kind," Dube said. "These developers are building big sections of the Greenway."

The route is dotted with amenities like a specialty off-leash area designed for dog training, family fitness parks, and interpretive pathways through wetlands.

But for east-end resident Sandra McEachern, who doesn't drive or own a car, the Greenway also serves a highly practical purpose.

"These things are good," she said Sunday while out for a walk with her granddaughter Nevaeh Karpinsky. "We need more biking and walking paths for us pedestrians."

The family was headed home after being dropped off at a northeast movie theatre by Neveah's grandfather earlier in the day, and McEachern said the pathway provided a natural return route.



Residential home builders have joined us and are building the Greenway in kind.

Myrna Dube, CEO of the Parks Foundation

"There's no bus down 68th (Street) so we've got to do something," she said. "So, of course, we walk."

Nevaeh said she also uses the pathway for recreation.

"We take the dog for walks," the nine-year-old said.

The Greenway is being built through a partnership between the Parks Foundation, local Rotary clubs, and Mattamy Homes, with support from numerous other home builders and developers, private donors, and the City of Calgary.

Coun. Diane Colley-Urquhart described it as "an outstanding model" for municipal projects.



Nevaeh Karpinsky, 9, walks along a stretch of the Rotary/Mattamy Greenway in east Calgary on Sunday afternoon. ROBSON FLETCHER/METRO



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ALBERTA

Legislature begins session under NDP with spending bill

The first session of the legislature under Notley's team will run for the next couple of weeks and focus on an interim supply bill to keep the money taps flowing in Alberta until the NDP can bring in a full budget in the fall.

Wildrose finance critic Derek Fildebrandt said the bill will be, in effect, a "minibudget" to cover about half-ayear's payments for a budget already well over \$40 billion in spending.

in spending.
"You can't be pulling this money from thin air," said Fildebrandt.

"We need a big picture of the finances with the details to see if the numbers actually add up."

The original budget for the 2015-16 fiscal year was introduced, but never passed, by the former Progressive Conservative government before the Tories were defeated in the May 5 election.

Notley won a majority government on a platform that promised a radically different budget. It included a hike to corporate income taxes, more spending for health and education and a rollback of proposed PC hikes to taxes



Premier Rachel Notley's NDP government will open its first legislative session Monday. THE CANADIAN PRESS

and user fee

She said Finance Minister Joe Ceci and his staff will be working through the summer to bring in a revised budget in the fall to match those promises.

In the meantime, said Notley, it's not realistic for the Wildrose to expect a lineby-line breakdown in spending by a government that was sworn in less than three weeks ago. "When we introduce (the bill) there will be some detail about the changes that we are proposing to make, and there will be a lot of opportunity to debate it then and much more in the fall," said Notley.

The session begins with a speech from the throne Monday by Lt.-Gov. Lois Mitchell outlining the goals and plans of Notley's new government.

THE CANADIAN PRESS



Just one of the hundreds of pooches taking part in the Calgary Dog Jog on Sunday. LUCIE EDWARDSON/FOR METRO

Dog joggers answer 'call for help'

MORE ONLINE

For a photo gallery from

the Calgary Dog Jog,

head to metronews.ca.

ANIMAL WELFARE

Fundraiser backs Calgary Humane **Society efforts**

Lucie **Edwardson** For Metro | Calgary

With more than 600 dogs in attendance, South Glenmore Park was pawsitively barking with excitement as the 2015 Calgary Dog Jog got underway Sunday.

Pooches and their people gathered to support the Calgary Humane Society at one of the largest annual fundraisers that

helps thousands of animals each year.

"Fortunately, when we put out that call for help, people really step up, so we are very lucky," said Sage Pullen Mc-Intosh, manager of communications for the Calgary Humane Society.

McIntosh said the money

raised at the Dog Jog helps with day-to-day operations at the CHS.

"Some of those funds go to housing for the animals, food and veterinary costs, she said.

Many dogs in attendance at the Dog Jog were adopted from CHS and other shelters.

Jess Hanna, a former employee at the CHS, said it's nice to see so many of the adopted dogs out at the Dog Jog, so that others can see where the money they raise at the fundraiser goes.

"It's great to see all the adopted dogs come out so

that everyone can see how well they are doing, and how much they are thriving in their adoptive homes," she said.

The event also focused on thanking those who give their time throughout the year to the CHS.

"It's so important for us to have the opportunity to thank our volunteers and donors who have supported us all year round," said Mc-

Exam exemptions possible after death

The death of 17-year-old Jaydon Sommerfeld in a car crash last week left students at Chestermere High School devastated.

Despite the tragedy, students were still expected to write diploma exams starting only two days after the incident, much to the dismay of parents in the community who argued that writing exams worth 50 per cent of a student's mark was too much to ask under the circumstances.

But after a plea to Alberta Education, Chestermere High School released a letter to parents stating: "In collaboration with Alberta Education, we have determined that students whose emotional well-being is debilitated be exempt from writing one or more exams."

Education Minister David Eggen told Metro in a statement Sunday that school boards are able to request exemptions for students with extenuating circumstances.

Working on a case-by-case basis, students would have to collaborate with Chestermere High School to apply for an exemption through Alberta Education.

"The death of Jaydon Sommerfeld is a tragedy and our hearts go out to his family, friends, fellow classmates and

teachers at Chestermere High School," Eggen said. "Our ministry is working to assist Rocky View students affected by this tragic loss, who are scheduled to write their diploma exams."

The Jaydon Sommerfeld Memorial Bursary was launched by the Sommerfeld family over the weekend, and, by Sunday afternoon, had already raised more than half of its \$10,000 goal. ANNA BROOKS/METRO



IN BRIEF

Shredding event helps Calgarians protect against identity theft

Calgary residents had an opportunity to secure themselves against identity theft on Saturday with a massive shredding event held by the Alberta Motor Association (AMA).

At a Mount Royal University parking lot, seven shredding trucks collected sensitive documents from hundreds of people.

'Today, we're going to put through about 1,000 people and destroy about 20 tonnes of paper," said Wendy Mah, crime prevention coordinator with AMA.

Mah explained all a thief needs to destroy a credit score is a first and last name, social insurance number, birthdate and address.

Calgary police probe reports of shots fired in Penbrooke Meadows

Calgary Police Service are seeking the public's help in relation to a shooting incident that took place Friday night in Calgary's Penbrooke Meadows community.

According to a release, at roughly 8:50 p.m. police were called to the 5600 block of 8 Avenue SE after reports of three vehicles driving down an alley as the occupants shot at each

Upon arrival, police were unable to find the vehicles, but said several shell casings were found.

No one was injured, and police believe no houses were hit by stray bullets.

No public funds for private schools: ATA

EDUCATION

Province allows some per-student funding



Anna Brooks Metro | Calgary

Following Education Minister David Eggen's comments that funding models are to stay static for the time being, the Alberta Teachers' Association (ATA) maintains private schools charging their own tuition fees shouldn't receive public funding.

President Mark Ramsankar said while the ATA has no qualms with private schools in general, supporting private schools with public funds continues to be a problem, in his view.

"Public dollars should be going to support families with children who can't afford private schools," Ramsankar said. "If you're going to be in the public system as a charter school, then you shouldn't be allowed to charge fees.'

Tuition for private schools in Calgary can range widely.

Advertised fees at Heritage Christian Academy, for example, are \$8,558 per year for Grades 1 to 4.

At other schools like Trinity Christian Academy, it's \$13,700 per year for Grades 3 and 4.

Private schools are also eligible for 60 to 70 per cent of per-student funding from the government that public



Alberta Minister of Education David Eggen said there are no plans to roll back funding for private or charter schools anytime soon. JASON FRANSON/THE CANADIAN PRESS

schools receive.

As opposition last year, the NDP criticized the amount of public dollars flowing to private schools but as government now, it has taken a different tack.

"Alberta's education system has a number of delivery methods - including public and separate schools, charter schools, private schools, and home education," Eggen told Metro in a statement.

"This allows parents to select the method that they

Public dollars should be going to support families with children who can't afford private

Mark Ramsankar, president of the Alberta Teachers' Association

schools.

feel will best help their child

reach his or her potential."

The education minister added that he remains open to "further discussions with partner organizations, including the Alberta Teachers' Association, parents and other education experts about the delivery model for education in our province.'

Ramsankar said he'll gladly take part in those discussions, but still believes government shouldn't be "supplementing private education for a select few.'

Police address barriers



It was a conversation that may help shape the future of the Calgary Police Service.

Earlier in May, representatives from the Calgary police met with 38 members of Calgary's diverse communities to try to identify and address some of the biggest barriers to becoming police officers.

Collecting insight from members of the African, Middle Eastern, South Asian, Caribbean and Latin American communities, Sgt. Kevin Zeh with the CPS recruiting unit said the dialogue was critical.

"Essentially what we're looking for is what do we need to do as a service to interact with communities more effectively,' he said.

Zeh said one of the biggest barriers identified through the meetings was the cultural perception of police. In developing nations, they are sometimes seen as corrupt and hostile.

Suzanne Brazao, a representative of Caribbean, Latin, and South American communities, she said that in some developing countries, the police service is seen as a "last-resort' career. However, she said the work that the CPS is doing is addressing those negative perceptions.

"It's playing a very important role in that it has brought people - community leaders — from a huge amount of different immigrant nations together," she said.

"Just by facilitating these meetings and having this dialogue, making themselves more visible at different community events and functions ... they have made bridge strides."

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Husband of victim hopes for justice

HIT-AND-RUN

Young couple moved to Canada for a safer life



Members of the Iranian community, friends, family and complete strangers gathered at the Bowness Community Association for a second memorial service to honour the life of hit-and-run victim Maryam Rashidi.

It was standing-room only Saturday as those in attendance heard the words of Maryam's husband, Ahmad Nourani Shallo, as he thanked everyone within the community for their support

And when it came to the man charged in relation to Maryam's death, 20-year-old Joshua Cody Mitchell, Nourani Shallo said he hopes justice is served for his wife and his young family.

"I reserve judgment for

"I reserve judgment for those who committed this horrific act to God," he told reporters. "I hope justice will prevail and lessons will be learned for those who take human lives." The young couple moved to Canada in 2014 to seek a safer and more promising life for their six-year-old son Koorosh.

Maryam, who was working at a Centex gas station in the 1700 block of 16th Avenue N.W., died in hospital Tuesday after she tried to stop a stolen 2006 Ford Super Duty from leaving a nearby parking lot when its driver allegedly robbed the station of \$113 in find.

Police say she was carried on the hood of the truck for 15 metres before she was thrown from the vehicle and subsequently run over in the 1800 block of 16th Avenue N.W.

Mitchell, who was out on bail for dangerous driving at the time of the incident, is now facing a host of charges, including hit-and-run causing death, criminal negligence causing death and dangerous driving causing death.



Maryam Rashidi CONTRIBUTED



Colin Steadman and his family will travel in this hovercraft as they prepare for a longer journey across Canada. CONTRIBUTED

TECHNOLOGY

Family ready to hover across Alta.

It's not a boat; it's not a plane or a quad.

Colin Steadman, his wife and their three kids have been hovering for years and will embark on a couple of trips that will take them a little farther afield than the average camping trip.

About eight years ago Steadman was looking for a new "toy." He's a certified pilot, and with his military helicopter history he turned to hovercrafts — and now he's hooked.

"A hovercraft really has all the characteristics of a helicopter and an airplane, but you can fly it on water, you can fly it on ice, snow, land."

For him, simply taking his craft out around home wasn't cutting it. That's when he came up with an idea for a family trip

of sorts — one that's never been attempted.

"The more I looked at a map of Canada, I realized there was a water system that went all the way across the great lakes," said Steadman. "So then I started researching and planning and plotting and trying to figure out, you know, could we do this."

Steadman and his family have an ultimate goal to hover across Canada and document the journey. But this July they'll be raising money for the Threads of Life program in partnership with the Alberta Construction Safety Association.

"We can use this year as sort of a 'dry run,' if you will," he said. "And be really, really prepared to do 11,000 kilometres next year." HELEN PIKE/METRO

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Calgary | metr

NEWS Monday, June 15, 2015

Betty's Run raises \$400K

Organizer: The focus is getting necessities for those with ALS

Lucy **Edwardson** For Metro | Calgary

In 2011, Kyle Ruppe's life changed forever. The active, fun-loving hockey player and former business student at Mount Royal University was diagnosed with ALS.

Ruppe, 32, has since lost the ability to speak clearly and has been confined to a wheelchair after the majority of his muscles began to waste away due to the gradual degeneration caused by the motor neuron disease, which currently there is no cure for.

But Ruppe, who was the ambassador at the 19th annual Betty's Run for ALS Sunday, said he is hopeful that he will beat the disease.

"I am optimistic that somehow I will make it and beat



Betty's Run for ALS ambassador Kyle Ruppe is pushed by his sister, Kim, at the 19th annual event Sunday. LUCIE EDWARDSON/FOR METRO

ALS," said Ruppe. "I believe ALS really is 'About Loving Someone' because through my family, all of the friends I have made and fundraisers

like Betty's Run and the Ice Bucket Challenge, we will make it easier to live with this horrible disease and find

Being pushed by his younger sister, Kim, Kyle was the first to take off at this year's run, and hundreds more followed him in support of



I am optimistic that somehow I will make it and beat ALS.

Kyle Ruppe

friends and family who suffer from or are affected by ALS.

Jane Rivest is the Client Services Organizer with the ALS Society of Alberta, and was formerly the caregiver for Betty Norman, whom the event is named after.

She has been involved with Betty's Run since it began 19 years ago.

Rivest said that without the money raised at Betty's Run, people like Ruppe wouldn't be able to afford the necessary equipment somebody with ALS requires to live day to day.

"A power chair costs \$24,000 and we need this money to buy those things,'

"We focus on living with ALS, so it's really important we raise money so people can



🛑 IN BRIEF

Northern Alberta sees another earthquake

Another small earthquake rippled through northern Alberta over the weekend in the same area where two earlier quakes this year were linked to fracking.

Natural Resources Canada recorded a 4.4-magnitude earthquake about 36 kilometres east of Fox Creek Saturday.

The Alberta Energy Regulator and the Alberta Geological Survey suggested the previous quakes in January may have been associated with hydraulic fracturing. THE CANADIAN PRESS

Mounties rescued after boat capsizes

Alberta first responders were trying to figure out how to rescue four RCMP officers after their jet overturned while patrolling the Athabasca River Friday. The Whitecourt Fire Department said the officers clung to the boat for some time before the officers reached a remote island. The officers were not injured, and were able to call for help once they made it to shore. THE CANADIAN PRESS



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NEWS | Canada Monday, June 15, 2015

Lindhout 'happy' for arrest of alleged Somali kidnapper

Canadian journalist was captured near Mogadishu

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somalian kidnapper.

One officer who had stuck with the case over the past five years asked her: "Are you sitting down?," Lindhout recalled Sunday on social media.

There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country.

"I had forgotten to sit down, and my knees gave out. I lay

on the floor crying, saying the words, "Thank you, thank you, thank you so much," again and again," said Lindhout in a statement that was posted on her Facebook page and was also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somalian national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range of emotions for Lind-

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion, and also - knowing that he no longer poses a threat to me or to anyone else - a sense of relief."

Lindhout, who was a freelance journalist at the time, and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in getting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal ĥow he arrived in Canada.

Ader's case will be back in court June 19. THE CANADIAN PRESS



Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man (inset) in connection with the case. THE CANADIAN PRESS

NORTH BAY, ONT.

Officials can't account for rise in babies born to addicted mothers

Community service workers in North Bay say they are dealing with an alarming increase in the number of babies born to mothers addicted to drugs.

There were 22 babies born with neonatal abstinence syndrome in the city of 64,000 in 2012-13, 31 the next year, and 48 in 2014-15, with 10 in January alone.

The big jump in numbers prompted the Nipissing Children's Aid Society to "issue a call to action" to community members because it couldn't keep up with demand, said executive director Gisele

"The bulk of those babies seem to be in our district," said Hebert. "I'm not sure why, but the figure has grown close to 500 per cent since 2003 in the

across Ontario born to mothers addicted to drugs in 2013-14, according to the Ministry of Health. That was up from 654 babies with NAS born in the province in 2010-11.

northeast."

The main question at a meeting of social service agencies, community leaders and the public this week couldn't be answered.

"The question from the audience was: 'Why is this happening in our community?" Hebert. "We are considered in the north, but there are much more remote northern communities than North Bay, and for example in Timmins, Sudbury, in Kapuskasing, they're not seeing these numbers.'

However, Corrine Wilde, manager of addiction services with the Community Counselling Centre of Nipissing, said the problem of babies born to addicted mothers is worse in other parts of northern Ontario.

"Northeastern Ontario is the second highest number of (addicted) births, but northwestern Ontario is skyrocketing higher than we are," said Wilde.

"If you look at the population numbers, the north is disproportionately higher than the south," said Alan MacQuarrie, executive director of the Community Counselling Centre. THE CANADIAN PRESS

OFFICES

Moving Senate may cost millions

Finding temporary offices for the Senate could cost taxpayers an extra \$24.5 million — even more than the latest big-ticket audit of expenses in the upper chamber. And it's all because

The cost of temporary Senate offices in downtown Ottawa could surpass the \$23.6-million audit by nearly a million dollars if the Senate doesn't agree to extend its search boundaries by a single block, an internal government document shows.

Sticking with the current boundaries means Public Works would face a much costlier tender process, rather than being able to negotiate directly with a landlord. The result would cost taxpayers \$24.5 million more over 13 years than the government wants to spend.

THE CANADIAN PRESS





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NEWS

TECHNOLOGY

Researchers use animals to track the sea

Ocean researcher Nigel Hussey tags animals from the high Arctic down to the tropics as part of his research with the Nova Scotia-based Ocean Tracking Network, which connects scientists to the movements and behaviours of animals around the world.

The latest issue of the academic journal Science features a paper by Hussey and his fellow researchers on advances in the field of aquatic animal telem-

etry — where scientists tag an animal with an electronic device to monitor its actions from a distance.

Although scientists have been tagging sea creatures for decades, Hussey says the latest improvements in tracking technology mean scientists can do much more than follow an animal's location. He says researchers can now use "animals as oceanographers."

"You can actually use the

animals to monitor their own environments," said Hussey, a research associate at the University of Windsor.

Rather than having to go out on a ship and drop down equipment to measure ocean qualities such as temperature and salinity, scientists can put sensors on sea creatures and download the data from back on land.

Next year, Hussey plans to use receivers on narwhals and several hundred tagged Greenland halibut to observe interactions between the two species.

"Basically your narwhal becomes your monitor of sustainable fisheries. He's swimming around, giving you detections on where your fish are," he said.

The Ocean Tracking Network, based at Dalhousie University in Halifax, facilitates tracking in oceans around the world and includes more than 400 researchers from 20 countries.

THE CANADIAN PRESS



Scientists are looking at new ways to preserve Canadian forests. MATT MEDIER/INTERNATIONAL BOREAL CONSERVATION CAMPAIGN/

Helping trees adapt to change

ENVIRONMENT

Scientists using genomics to aid adaption in nation's forests

Canadian scientists are helping trees outrun climate change.

"Trees are adapted to historical climate and the climate's moving out from under them," said evolutionary biologist Sally Aitken. "We're using genomics to generate answers more quickly than they can."

Foresters have long known that the best seeds for replanting forests comes from trees in the same area, said Aitken, whose research at the University of British Columbia is financed by Genome Canada. Trees within a couple of hundred kilometres or a few hundred metres of elevation are precisely adapted to local conditions.

But winters have become warmer. Rainfall patterns are changing. Bugs such as the mountain pine beetle and fungi such as blister rust find congenial new homes. Trees would eventually adapt on their own, but slowly.

"It takes decades, and we don't have decades," said Aitken.

In an effort to speed things up, she and her colleagues are digging into the genomes of lodgepole pine and white spruce to look for genetic patterns associated with climate. That allows researchers to analyze genetic diversity that already exists in

the forest and select for characteristics that will produce seeds matched to the environment where they'll be planted.

"There's so much variation already in the tree's genome," said Richard Hamelin, whose work at the Canadian Forest Service is also funded by Genome Canada. "What we are doing is developing the tools to sample that variation.



It's really in the last month that we've gotten the results that show it works.

Sally Aitken, evolutionary biologist

"(Once) we know what a resistant tree looks like we can go out and find more of them and include them in our breeding program."

Aitken said results show that trees bred through the program's work are showing climate adaptations very close to what trees might do on their own.

"Material from the breeding program simply grows faster," she said.

Hamelin said trees bred for resistance to blister rust are already being planted. Trees resistant to other pests are entering the breeding program.

Both researchers emphasize that they're not doing genetic modification.

THE CANADIAN PRESS



metr
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Floods leave 12 dead, animals on the loose

GEORGIA

Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi's ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million with some of the animals still on the loose.

"The daytime wasn't bad," said resident Khariton Gabashvili, "but tonight everyone has to be very careful because all the beasts haven't been captured. They haven't been fed, and in their hungry state they might attack people."

Heavy rain destroyed or dam-



People assist a hippo that's been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. TINATIN KIGURADZE/THE ASSOCIATED PRESS

aged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing

were missing.

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.

A hippopotamus — an extremely aggressive animal with

the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals

may have fled to just about any corner of Tbilisi, including the steep hills in the city's heart.

"On this small street there are five dead, three houses completely washed out and everyone is affected," said Lamara Zumburidze, a resident of the hardest-hit area. "I don't know where to sit, where to lie, what to do." THE ASSOCIATED PRESS

MANHU

Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or "in Mexico by now," New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates' escape was apparently hampered by a prison employee's decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

"One of the reasons that she didn't show up was because she did love her husband and didn't want to do this to him," he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it was unclear if the men were nearby.

"We don't know if they are still in the area or if they're in Mexico by now," he said.

Roads on the western edge of Plattsburgh were open only to local traffic and a state police helicopter was parked in a field where 24 hours earlier a contingent of 40 officers had marched into the adjacent woods on yet another grid search.

While many local residents remained locked in their homes at the advice of authorities, the outpouring of appreciation for the search effort continued. A restaurant was urging people to tie blue ribbons around trees and mailboxes.

But residents were very much on edge, with some saying they were keeping firearms handy just in case. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff's deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-yearold former boss.

THE ASSOCIATED PRESS

GENDER ISSUES

Offside joke ends scientist's career

A week ago, Tim Hunt was a well-known Nobel Prize winner who was promoting science education throughout Europe and the world.

Today he's widely perceived as a sexist who's been stripped of most of his positions because of inappropriate comments about women in science.

Gone is his position with the European Research Council science committee, his role at the Royal Society, and his honorary post at University College London. He said Sunday he was fired from the latter.

Hunt's fall followed a speech Tuesday at the World Conference of Science Journalists in South Korea in which he said girls cause "you fall in love with them, they fall in love with you, and when you criticize them, they cry."

The comments caused a Twitter storm that quickly led to Hunt, 72, leaving his posts even as he apologized. He has said he had been trying to make a joke, but nevertheless stood by his comment that love affairs in the lab are disruptive to science.

He was vilified by many, including The Guardian's Anne Perkins, who wrote that his comments were "the educated man's version" of blaming rape victims for wearing short skirts.

Hunt laments that his career is over — and some prominent women scientists who found his remarks offensive said the punishment may be too harsh.

Athene Donald, a leading physicist at Cambridge University, said Hunt always supported her work enthusiastically when she served as Gender Equality Champion at the university.

"I've spent a lot of time with him and I've never seen any sign of sexism," she said.

Ottoline Leyser, a former student, said his record is otherwise unblemished. "All my interactions with him were very positive," she said. "I've no indications from my experience or from colleagues that he's in the slightest way sexist."

She said the speed with which news of his comments spread has reinforced for many the dangers of speaking to the press or public.

"We're all of us terrified," she said.

THE ASSOCIATED PRESS

📄 IN BRIEF

Comet rider wakes up after seven months

To scientists' relief and delight, the Philae space-craft that landed on a comet last fall has woken up and communicated with Earth after seven long months of silence, the European Space Agency announced Sunday.

day.
Philae became the first spacecraft to settle on a comet when it touched down on icy 67P/Churyumov-Gerasimenko in November. But the solar-powered probe came down with a bounce and ended up in the shadow of a cliff instead of in direct sunlight.

As a result, Philae managed to conduct experiments and send data to Earth for only about 60 hours before its batteries ran out and it was forced to shut down its systems and go silent.

Scientists had hoped the probe would wake up again as the comet approached the sun, enabling Philae's solar panels to soak up enough light to charge the craft's main battery. But there were fears its mission would be cut short.

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Syrians flee into Turkey



Syrians fleeing the war pass through broken-down border fences near the Turkish Akcakale on Sunday to enter Turkish territory illegally. Dozens of refugees started passing through the gate as thousands more awaited to cross. BULENT KILIC/AFP/GETTY IMAGES

MIDEAST CRISIS

Refugees seek to escape Kurdish-ISIL conflict zone

Thousands of Syrians cut through a border fence and crossed over into Turkey on Sunday, fleeing intense fighting in northern Syria between Kurdish fighters and jihadis.

The flow of refugees came as Syrian Kurdish fighters closed in on the outskirts of a strategic ISIL-held town on the Turkish border, Kurdish officials and an activist group said, potentially cutting off a key supply line for the extremists' nearby de facto capital.

Taking Tal Abyad, some 80 kilometres north of the Islamic State of Iraq and the Levant (ISIL) stronghold of Ragga, would deprive the militant group of a direct route to bring in new foreign militants or supplies. The Kurdish advance, coming under the cover of intense U.S.-led coalition airstrikes in the area, would also link their two fronts and put even more pressure on Ragga.

In this Turkish border vil-

lage, the refugees took by surprise the Turkish troops stationed there, who were overwhelmed by the large number of people crowding the crossing. Thousands of people had been gathering for more than a day on the Syrian side of the Akcakale border crossing before they broke through Sunday afternoon.

People threw their belongings over the fence while others passed infants into Turkey over barbed wires be-

fore following through a severalmetre wide opening in the border fence.

Turkish troops later brought in reinforcements and gathered up the refugees on

the Turkish side of the border, preventing them from going deeper into Turkey.

Earlier Sunday, Turkish Deputy Prime Minister Numan Kurtulmus speaking on the refugee situation at the crossing between in Tal Abyad and Akcakale, claimed that those refugees were not fleeing fighting between Kurds and ISIL, but were rather trying to escape to Turkey in case

their villages are hit by U.S.-led coalition bombings.

He said Turkey was providing humanitarian aid to them on the other side of the border while taking in anyone who is sick or injured. Kurtulmus said Turkey has taken in more than 2 million refugees since 2011.

"We are of the opinion that there isn't a humanitarian tragedy there," Kurtulmus told CNN-Turk television in an interview. "Our priority is for them to remain within

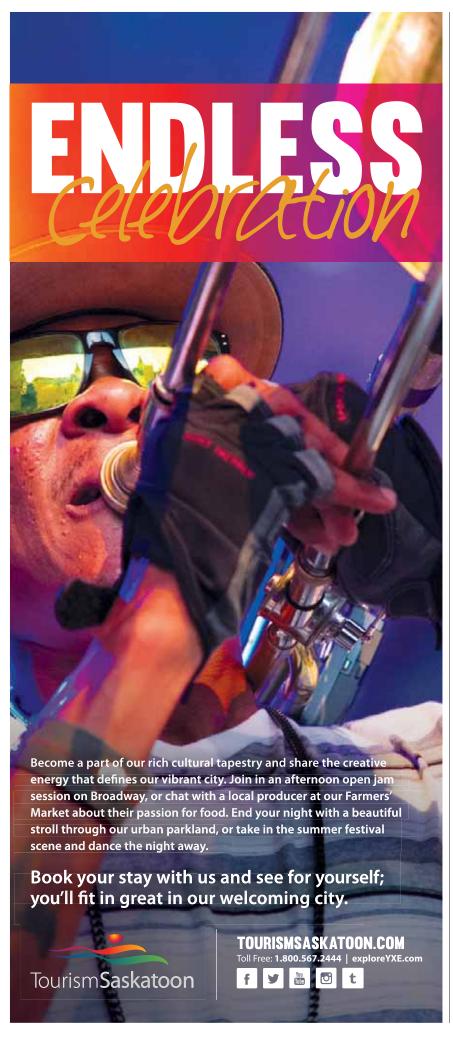
their border. We will continue to provide humanitarian aid to them"

Hours after Kurtulmus spoke, Turkey reversed

its decision and opened the border to allow more of the refugees in, the state-run Anadolu Agency reported. It said however that this time, ISIL at the border prevented them from crossing into Turkey.

Akcakale border waiting to cross into Turkey.

It put the number of people who were waiting to cross at around 2,500. Around 13,400 Syrians have fled to Turkey since June 1, the agency said. THE ASSOCIATED PRESS





Twitter CEO Dick Costolo, Chairman and co-founder Jack Dorsey, and co-founders Evan Williams and Biz Stone, watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE

Tweeting the path to success

SOCIAL MEDIA

As user growth slows, tech experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame, or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

Despite the buzz generated by thousands of chatty journalists, athletes and celebrities, its user base is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Here are some of Twitter's most pressing challenges.

Where are the users?

Its user growth is stalling and there are a lot of competitors. Besides its old rival Facebook, Twitter is feeling the heat from mobile messaging apps such as WhatsApp, Snapchat, Instagram and a bevy of others. Twitter grew from 204 million active users in the first quarter of 2013 to 302 million in the first three months of 2015. Facebook-owned WhatsApp announced in April it has reached 800 million users.

Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors including special channels or tabs focused on live events or topics of interest to users.

Deal with trolls

Twitter has long had a problem with trolls, online bullies whose abuse has been an ongoing issue that has alienated established and potential users. It has tried to make it easier to report threats and in April updated its policy against violent threats, but it's too early to say if this initiative has helped.

More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said.

Demonstrate Twitter's strengths to advertisers

Twitter knows something about its users' interests, but Facebook knows far more about its users' likes and habits, while Google and Pinterest can more readily predict users' buying interests. Twitter's strength, however, is drawing people's attention during live events, such as sports, breaking news and popular TV shows, said Debra Aho Williamson at research firm eMarketer.

Show investors it's serious about business

Twitter must show Wall Street Twitter is focused on building revenue and delivering on financial targets, added Scott Kessler, a tech stocks analyst at S&P Capital IQ.

THE ASSOCIATED PRESS

If you win, plan carefully: Expert

Hoping to fund your retirement by winning the lottery is a ridiculous idea. Someone has to win, but banking your future well-being on a lottery ticket isn't financial planning.
But if you're fond of daydream-

ing about winning big — Friday's Lottomax jackpot is \$43 million — how much would you actually need to win to quit your job one," Del Greco said. for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want, said TD Wealth's Kathryn Del Greco

"There isn't a magic number that you could apply to every-

If you do hit the jackpot, it's recommended you formulate a plan: "Before you make any rash decisions, before you start spending any money ... you really want to sit down and figure out what the purpose of this money is," said Larry Moser of BMO InvestorLine. THE CANADIAN PRESS

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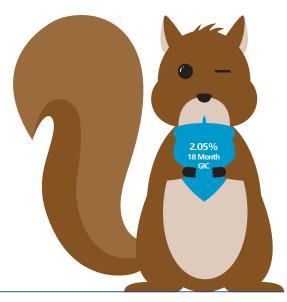
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Your essential daily news

Monday, June 15, 2015



MYMETRO

Richie Islam and Roxana Olaru, **Toronto**

How do you two know each other? Islam: We're dating. What's the first thing you flip to when you read Metro?

Islam: I do the Sudoku. Olaru: The horoscopes.

What is your commute?

Islam: I live in Markham. I take the train to go to school for graphic design. Olaru: I'm from Uxbridge. I commute to Toronto for work and school.

What's the one spot in Toronto everyone who comes here should visit?

Islam: Kensington Market, because it's eclectic. Olaru: The Distillery

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How to avoid progress on secondary suites

Klaszus



Thank you for purchasing the 2015 edition of the Canadian City Councillor's Guide to Spinning In Circles on the Issue of Secondary Suites™.

This year's pamphlet is a small miracle. We'd decided late last year to cease publication due to poor sales nationwide. Most large municipalities endorse allowing homeowners to rent out basement apartments and granny flats citywide. Canadian city councillors, by and large, have no interest in our particular endeavour.

To our surprise, however, interest has remained strong in one city — enough to keep us afloat one more year. Here's to you, Calgary!

Follow these guidelines

any time your council looks like it might actually make progress on this issue: 1. Stay lost in the weeds.

People often say "don't get lost in the weeds," by which they mean don't focus on minute details at the expense of the big picture. Zoom out, and you'll see the situation anew and act with clarity. No. Don't do it. The weeds are your friends. Cling to them. Get so turned around in them that your fellow councillors feel lost, too. When people try to pull you out, sigh and say: "It's just not that simple."

2. Ignore expert advice.

Any number of local organizations will peddle so-called "expertise" to try and get your council unstuck on this issue. Don't listen. The local Chamber of Commerce what do they know about the business of running a city? Agencies on the front lines

of your city's housing shortage - what can they possibly contribute? Smile and nod, but ignore it all. You know best, and what you know is weeds. (See Guideline No. 1.) 3. Ignore lessons from other cities.

Inevitably, some know-it-all will say, "[Insert city name here] has citywide suites and there's no mayhem there." Here you must imply that human beings in your city are fundamentally, inexplicably, biologically different than human beings in that city. "This is not [insert city name here]," you must say disdainfully. "This is Calgary."

4. Talk about parking.

It doesn't really matter what specifically you say, so long as you use phrases like "worried about parking," "parking concerns," "inadequate parking" and so on. Keep people more worried about where to put cars than where to put humans, and your city will remain stuck. 5. Push for a plebiscite.

Pull off this neat trick and you can pander to the electorate while evading your responsibility as a civic leader all at once! Emphasize that the issue is too important to be left to politicians: "Let the people decide." Not only does this save you (at least for now) from the discomfort of taking a stand, you can justify the entire exercise by calling it democracy.

Follow these guidelines, and your council will stay bogged down for the foreseeable future, likely ensuring a 2016 edition of the Canadian City Councillor's Guide to Spinning In Circles on the Issue of Secondary Suites™.

Jeremy Klaszus is a freelance journalist and stay-at-home dad. He tweets at @klaszus.

ROSEMARY WESTWOOD

metroview

We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy, or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, bút her friend couldn't make it that night.

She didn't even know what this play was about — she just came because she lives close by, and she loves theatre.

This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane, and, because it was now dark, to see her safely home.

I chased after her and yelled "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home, so she'd know I was safe. We'd see another play sometime, we said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting – a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.



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McSpeedy: Patrick Dempsey places second in 24 Hours Le Mans race

NUTRITION

Health Canada to re-examine every facet of **Food Guide**

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire - within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity – and now, at Health Canada, which says it has decided to review the country's official food

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and it's relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrissette wrote in an email.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 - despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food.

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot"



Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

to serve the interests of the food industry. Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised - especially in its treatment of sugar.

Criticisms of the guide range

We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.

Dr. Yoni Freedhoff, a vocal critique of the guide

widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

Fats are absent — and they

shouldn't be, some experts say especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says.

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on 'sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a

NUTRI-FICTION

A cup a day keeps the doctor away?

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction." TORSTAR NEWS SERVICE

prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition - with some groups, she says. But it's "not for everyone."

Joanne Lewis, of the Diabetes Association, says it's the environment of eating, including food labels, marketing and access to food — are all important to healthier eating. If anything, what's broken, she says, is "the way we implement" the food guide. TORSTAR NEWS SERVICE



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'Social is like your online resume'



Aliza Licht (@DKNY PR Girl) says you need a professional headshot for your social media avatar (no eggs allowed!). CONTRIBUTED

CAREER BUILD

DKNY PR Girl on how to land a job through Twitter

Raquel Laneri

Metro in New York

Can Twitter or Instagram help you land your dream job? According to Aliza Licht, senior vice president of communications for Donna Karan, it can not only help, it can make — or break — your career (seriously, don't complain about your job on social, people).

Licht should know. She is the superstar force behind DKNY PR Girl, the online personality who reinvented social media for fashion brands, businesses and the people who want to work for them. To her, Twitter may be the world's "biggest cocktail party," but it's no joke.

"Social is like your online resume," Licht says. "Employers are checking it before they even meet you for an interview, and it's a great way to pave the road for yourself."

We asked Licht — who has just written a killer career-advice book, Leave Your Mark: Land Your Dream Job. Kill It in Your Career. Rock Social Media. — for her tips.

Have a polished profile pic

"Your picture should reflect whatever it is that you want people to think about you," says Licht, "and if you're an egg on Twitter ... that's not exactly putting your best foot forward." Licht's recommendation? A professionallooking portrait. "It makes you appear established, even if you're not," she says.

Follow your industry's superstars

"Think about your goal — is it to launch a new business or project, is it to get a job? — and then follow people who do what you want to do or who work where you want to work," advises Licht. "I started my @LEAVEYOURMARKxo Twitter handle way before the book came out, so I could follow book reviewers and editors and educate myself... You learn so much just by observing."

Experiment

Nailing the right voice and persona can be tricky. The only way you'll really learn how to tweet (or 'gram or "tumble") is by doing it. "You'll learn what people are interested in and give them more of what they want," says Licht.

Don't be shy

"The great thing about Twitter is you can speak to anyone — there is no hierarchy," Licht says. "Once in awhile you can favorite something, retweet something, compliment something."

It can pay off big time. "I have this guy who is based in New Zealand who I engaged with quite often over the past six years on Twitter," says Licht. "Just last year he reached out to me and said, I would love to get an internship.' I was like, Oh my God, yeah! I totally knew the minute I saw the email and his Twitter handle who he was." She hired him.



Follow people who do what you want to do

Aliza Licht



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metr#LIFE | **Work & Education** Monday, June 15, 2015 **17**

When your summer internship is boring/bad

INDUSTRY EXPERIENCE

Try these ways to get the most from an unispiring stay

OFFICE RELATIONS Eleni **Deacon**

The ideal summer internship: a chance to gain exposure to your industry while making longterm connections and completing meaningful work. A lot of internships: not quite that inspiring. While interns can't expect employee-level responsibility, they can expect hands-on experience in their field. Here's how to proceed if your internship is more thumb-twiddling than skill-building.

Not sure how to spend your afternoons? Don't be shy to ask

for more tasks. Although some organizations have longstanding internship programs — that come with a clear list of duties - many place-

ments are not strictly defined. If no one has articulated your role, do so yourself. Rather than simply telling your superior that you have nothing to do, be proactive about what you want to do. Outline your interests, and express your desire to contribute in those areas. Even if your

Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs. ISTOCK

boss has no immediate need, you'll be top-of-mind when work

And avoid snubbing menial jobs.

but internships are as much about your work ethic and åttitude as your hard skills. Correctly (and cheerfully) completing your team's drink orders gives them more than a caffeine kick - it also demonstrates that you offer reliable services. The first few weeks of an internship are often a testing period. Prove yourself dependable at the small things and you'll increase your

Coffee runs may not be fun,

If there's no chance of being assigned more-than-mundane

ger gigs.

chances of getting big-

work, focus on relationships. Be a sponge: find staffers with whom you click and absorb their expertise. Observe them in the office, ask questions and invite them for coffee so your can hear their stories. While your internship may only last a few weeks or months, strong connections can have years-later benefits. Walking away with a reference is essential. But exiting your internship with a strong ally or even a friendship — is often just as valuable as learning to

perform specific processes.

When a placement shows neither social nor practical promise, weigh its potential. If the fact of having worked at this organization could help you get hired, it likely merits sitting through your stint. No foreseeable benefits? Consider alternate options. Internships — especially those that are unpaid — are an investment. Whether you're after hands-dirty skills or a line on your resume, it should be worth it for you to stay.



GIVING BACK

Why volunteering is good for business

Studies have shown giving makes you happy. Whether it's buying a present for your mother, giving to charity or volunteering at a Boys & Girls Club, we feel good when we help others.

That thinking also extends to the workplace, says Carrie Morgridge, vice president of the Morgridge Family Foundation and author of Every Gift Matters: How Your Passion Can Change the World.

Indeed, a study by Deloitte Consulting found that 87 per cent of workers who volunteered with a group at work felt it improved their teamwork and people skills, while 81 per cent said that it helped develop stronger relationships with their colleagues.

"Volunteering brings a team together," says Morgridge. "It increases productivity, and allows co-workers to bond over a common goal that's not necessarily work-related, but tied to their community." RAQUEL LANERI/METRO IN NEW YORK



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Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. RICK DIAMOND/GETTY IMAGES

Underwood 'in a really good place'

AMERICAN IDOL

New mom looks back on decade of instant fame, country hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the song she was performing onstage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK." wood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

But when she hit the stage with her hit Blown Away, there was no sign of nerves. Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet. She slowed things down but still held the crowd's attention with the emotional Something in the Water, off last



I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning.

Carrie Underwood

year's Greatest Hits: Decade #1 release. She ended her sevensong set by bringing down the house with a resounding Before He Cheats.

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on Idol."
THE ASSOCIATED PRESS

IN BRIEF

Jurassic World takes record-setting \$511.8M bite out of box office

Dinosaurs are anything but extinct at the box office.

Jurassic World, the fourth film in the series, became the highest global opener of all time with a staggering \$511.8 million in its first days in theatres. It also devoured a number of domestic box-office records with a \$204.6-million take, the Rentrak mediameasurement company estimated on Sunday.

In addition to setting a record for 2015, Jurassic World is now the second-highest domestic opening of all time, right behind Marvel's The Avengers, which took in \$207.4 million in 2012. By the time Monday actuals roll in, there is a chance the film could dethrone Avengers.



Chris Pratt stars in Jurassic World. THE ASSOCIATED PRESS



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Defending their offence

WOMEN'S WORLD CUP

With one goal in two games, Canadians say more will come

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in.

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast has hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's



Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach

3

Championships are won with defence.

Sophie Schmidt on the fact that Canada has yet to surrender a goal

the round-of-16 elimination games with a draw.

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early." THE CANADIAN PRESS

MLB

Jays cap sweep of Red Sox with 11th straight win

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous.

The Blue Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place batter Ryan Goins homered, doubled and drove in five runs.

"Honestly, I think everybody's coming here every day knowing we're going to win," Goins. "You put that with probably having the best one-through-six in the whole league and it makes it easier for seven, eight, nine."

Danny Valencia, batting seventh, also homered as the highest-scoring club in the majors completed a sweep at Fenway Park and sent Boston to its seasonworst sixth straight loss.

THE ASSOCIATED PRESS

Scherzer dominates Brewers in one-hitter

Max Scherzer struck out a team-record 16 and threw a one-hitter, losing his perfect-game bid on a bloop single that barely fell in during the seventh inning Sunday while pitching the Washington Nationals over the Milwaukee Brewers 4-0.

Carlos Gomez got Milwaukee's only hit — a broken-bat looper to right field just beyond the outstretched glove of second baseman Anthony Rendon. THE ASSOCIATED PRESS

NBA FINALS

Curry shoots Warriors to cusp of title

The Golden State Warriors are a win away from ending one long championship drought and extending another.

Stephen Curry made seven three-pointers and scored 37 points, and the Warriors withstood another brilliant performance from LeBron James to outlast the Cleveland Cavaliers 104-91 on Sunday night for a 3-2 lead in the NBA Finals.

With a sellout crowd rocking and roaring in their goldenyellow shirts, the newly minted MVP and his teammates took control of the game — and GAME5 In Oakland





possibly the series — in the final minutes. Curry connected inside and out — sometimes way out — to help the Warriors pull away, and James and the Cavs had no way to counter.

The Warriors will try to win their first title since 1975 on Tuesday night in Cleveland, which hasn't won a major sports championship in 51 years. Game 7, if necessary, would be in Oakland on Friday night.

James carried Cleveland as far as he could. The four-time MVP had 40 points, 14 rebounds and 11 assists, slowing down the pace the way only he can.

James made 15 of 34 shots in 44 minutes.

There were 20 lead changes and 10 ties in a game that featured nearly as many bruises as baskets — but few big men — and the league's two biggest attractions trading thrilling scores.

James made a 34-footer with the shot clock about to expire midway through the fourth, and Curry answered with a step-back three-pointer. Klay Thompson, who scored 12 points, followed with another deep shot for the Warriors.

Curry added a cutting layup, then lost Matthew Dellavedova off the dribble and stepped back for a thre that gave Golden State a 96-86 lead with 2:44 left. THE ASSOCIATED PRESS



Cavaliers guard Matthew Dellavedova, right, attempts a shot against Warriors guard Stephen Curry in Oakland, Calif., Sunday night. THEARON W. HENDERSON/GETTY IMAGES

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

18

RECIPE Lemon Chicken Scallopini



Rose Reisman rosereisman.com

Ready in

Prep time: 10 minutes Cook time: 14 minutes Serving size: 6

Ingredients

- 5 Tbsp + 2 tsp allpurpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 11/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest •1 Tbsp honey
- · Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

Directions

1. Combine 5 Tbsp of flour,

1. Slope beside 5. _ Bay, Nova Scotia 10. Mass of ice

14. Sarah McLach-15. More unique

16. Authentic 17. Peel

18. 54-40 tune that goes "Bitten in the vallev of thirst, the body kills.": 2 wds.

20. Spotter's exclama-22. Topic

23. As per #4-Down... Ms. Sinclair 25. Rene of movies

29. Opening on a schedule 30. Count on

31. Play-_ 33. Musical piece for Chopin 36. Dynasty of

China 37 Hudson's Bay 2 wds.

41. Pres. Lincoln 42. Alleviated 43. 100, for short

44. Straightforward 46. Quebec pronoun

49. Stagnant 50. "Thinking of You" rock band from Winnipeg 55. Biopic starring Leonardo DiCaprio, " (2011)

57. Body of work 58. Toronto subway line, Yonge-_ 62. Greek Myth: Goddess of discord

63 Ms Winningham 64. "What?" responsestarter, 65. "_ of Eden" (1955)

66. Bridge

68. 'Science

Guy' Bill's

67. Driving costs

49

DOWN

42

1. Relating to Atomic Number 56 2. 'Revenge is _ _ best served cold' 3. Eight's follower.

64

CB Radio style 4. FIFA Women's World Cup Canada 2015.. Team Canada players

on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across 5. Capri attraction in Italy, Blue 6. Lake: French 7. "Congratulations __ order!"

variantly 10. Make available: 2 wds. 11. Grazing land 12. Paddle 13. Building wing 19. Uses the blender this way

53

26

43

62

65

8 Quit

9. Sea eagles.

21. Geog. feature 24. Articles 26. Attach a patch: 2 wds. 27 Mortimer (Noted ventriloquy puppet) 28. Comical dog 30. Spray in Joni Mitchell's "Bia Yellow Taxi" 31. Money-spent transaction 32 CBC Radio One program DNTO = Definitely Not the _ 34. _-hee! (That's funny!) 35. Beneath 37. Common sitcom roles 38. Draw back 39. Tit-for-_ 40. Lady on Canadian money: 2 wds. 45. 7-_ (Slurpee seller) 47. _ of London (Underwriter) 48. Actor Jason 50. "This house many great features." ...pointed out the real estate agent 51. Font choice 52. Sun's one-ofsome: acr. + wd. 53. Still _ _ (Maya Angelou poem) 54. Homes for chirpers 56. Gumption 58. Hmms... 59 Snooze 60. "Michael Col-

lins" (1996) org.

by '_ Tuesday

61. "Voices Carry"

* IT'S ALL IN THE STARS by Sally Brompton

cheese, salt and pep-

en in mixture.

per on a plate. Dip chick-

2. In a large skillet, add oil

and sauté chicken for two

minutes per side until light-

ly browned. Add wine and

cook just until evaporated

3. In a bowl combine stock,

juice, 2 tsp of flour, zest, honey

and salt and pepper until flour

is dissolved. Add to chicken,

cover and simmer for four

minutes, turning once until

sauce is slightly thickened

parsley and lemon slices. If

for a minute per side before

desired, grill lemon slices

serving on chicken.

· Calories 325

• Protein 37 g

• Fat 4.4 g

Nutrition per serving

· Cholesterol 96 mg

PHOTO: ROSE REISMAN

4. Garnish with capers (if using),

and chicken is cooked.

about one minute.

Aries March 21 - April 20 Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be

Taurus April 21 - May 21 You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

Gemini May 22 - June 21 Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

Cancer June 22 - July 23 You will be both sociable and aloof over the next 24 hours. Conflicting aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

Leo July 24 - Aug. 23 You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life - loved ones need to know they still come first.

Virgo Aug. 24 - Sept. 23 A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good vou're too smart to be fooled.

Libra Sept. 24 - Oct. 23 If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

Scorpio Oct. 24 - Nov. 22 If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

Sagittarius Nov. 23 - Dec. 21 Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done

Capricorn Dec. 22 - Jan. 20 Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

Aquarius Jan. 21 - Feb. 19 You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

Pisces Feb. 20 - March 20 Because you can sense that maior changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row column and box contains 1-9

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5			6		1			
	8						4	6
		3	5	7		8		

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